

# CSA NEWSLETTER

---

## VEGGIE LIST

**YELLOW FINN**

**POTATOES**

**ONION**

**CARROTS**

**SUNCHOKES**

**CELERIAC**

**GREEN CABBAGE**

**WHITE KALE**

**RED MIZUNA**

**ITALIAN PARSLEY**

---

## Stormy weather, cozy vegetables

Last week, Crosbie's newsletter question, "where does food come from?" got me thinking about how we "create food" at the farm.

Monday through Friday the crew shows up to harvest, wash veggies, pack them into totes, answer sales emails, and choose varieties and fields for next year's crops.

We do all this hoping that the food we grow reaches people's tables. Farming is trickier than other production businesses because we don't know what people will want to eat, who'll show up to the market and buy veggies on cold and rainy Saturday mornings, and what restaurants will wish to buy 100 lbs of tomatoes or not in the summer.

But part of the beauty of the CSA is that we can mostly plan. Once we know how many members will be part of the CSA in a given year, Sally and Haylee start planning what will go into the boxes each week.

But no matter how much you plan we can't predict what the deer will fancy, what the geese or beaver will munch on, or how early will the first frost hit Philomath. So... It's mostly a gamble with nature and a guess on how millions of tiny seeds will perform. Some would say it's stressful and that we're crazy. I think that it's the most fun job in the world, but we thank you every week for bringing us some groundedness and predictability! We're so lucky to count on you, dear CSA members! Rosie



Sally and Haylee a few months ago,

## What's a sunchoke?

They're a member of the sunflower family. native to North America.

The flowering part of the plant resembles a bright yellow sunflower.

Sunchokes are also called "Jerusalem artichokes," but look nothing like artichokes and have no apparent ties to Jerusalem. The name is associated with early-world Italian explorers who thought they tasted similarly to artichokes and looked like girasole ("jeer-uh-SOLE-ay") or "sunflower" in Italian.

We eat the tuber, which has thin, papery skin and a white, creamy interior.

They're a great source of iron, magnesium, potassium, and calcium; are super high in fiber and low in carbohydrates; and contain inulin.

You can eat them raw or roasted, I recommend roasting them until they become creamy. But here's a recipe that also gives delish results and would be a good band name.

### Smashed Sunchokes with Thyme

- 1 lb sunchoke
- Salt
- 2 tablespoons (20ml) oil
- Pinch of Thyme
- 2 tbs butter



We'd love to see what you're doing with your CSA box. Tag us [@GatheringTogetherFarm](https://www.instagram.com/GatheringTogetherFarm)

1. In a medium saucepan, cover sunchoke with water. Season generously with salt. Bring to a boil, then reduce heat to maintain a gentle simmer. Cook until knife inserted into a sunchoke meets little resistance, about 10 minutes.
2. Drain sunchoke. When cool enough to handle, place on a cutting board. Working 1 sunchoke at a time, use the bottom of a heavy skillet to press on each sunchoke until it is flattened but still in one piece.
3. Heat oil over medium heat in a cast iron until shimmering. Add sunchoke in a single layer and cook without moving until well browned, about 3 minutes. Flip sunchoke, then add butter to the pan and allow to melt. Add half of thyme to the melted butter and continue to cook, spooning butter over sunchoke, until browned on the second side, about 3 minutes longer.
4. Transfer sunchoke to a serving plate and spoon the thyme butter on top. Garnish with remaining freshly picked thyme leaves and sprinkle with flaky salt. Serve immediately

[From Serious Eats](#)